**A Day in the Life of … a tool to identify and support young carers in Leeds**

Young carers are defined as **“a person under 18 who provides or intends to provide care for another person (of any age, except where that care is provided for payment, pursuant to a contract or as voluntary work)”**. A young carer might look after someone if they are sick or have a disability, mental illness or drug/alcohol dependency.

This tool has been designed to develop an understanding of the child’s lived experience, identify young carers and follow the young carers support pathway. Please complete with the child and/or parent/guardian. This tool should be used in conjunction with the No Wrong Doors for Young Carers pathway and should support any holistic assessment or referral process to ensure young carers receive the right support at the right time.

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| **Name of Child** |  |
| **Name of Cared For Person** |  |
| **Please describe the condition or disability of the cared for person** |  |
| **Contact details for person completing this tool:** | **Name:**  |  |
| **Job title:** |  |
| **Contact email/phone:** |  |
| **Date of completion:** |  |

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| **Practical Caring Tasks by Child** | **Frequency (click on box to check)** | **Examples of what the child is doing** | **Impact on child** | **Impact on cared-for person** |
| Prepare, cook and clean at mealtimes | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Household cleaning  | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Redecorating and gardening | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Food shopping by myself | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Help with household paperwork | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Work part time to bring in extra money | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Look after brothers and sisters alone | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Lift heavy items or people | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| **Other** (please specify): | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| **Personal Caring Tasks by Child** | **Frequency (click on box to check)** | **Examples of what the child is doing** | **Impact on child** | **Impact on cared-for person** |
| Help with bathing/showering/shaving etc | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Help with dressing  | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Help during the night | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Help with eating | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Communicate/interpret for someone | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Medicate – prepare, administer or remind | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| **Other** (please specify): | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| **Emotional Caring Tasks by Child** | **Frequency (click on box to check)** | **Examples of what the child is doing** | **Impact on child** | **Impact on cared-for person** |
| Keep them company | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Comfort them when they are upset | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Keep an eye on them/worry about them | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| Take the person you care for out on your own | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |
| **Other** (please specify): | Never[ ] Sometimes[ ] A lot[ ]  |  |  |  |

**Practitioner analysis and next steps**

Based on the conversation with the child and cared for person, and referring to the No Wrong Doors for Young Carers support pathway and guidance, make a decision on the next steps to be taken:

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| --- | --- | --- |
| **Assessment of child in relation to caring** | **Reason for decision** | **Next steps (please refer to No Wrong Doors for Young Carers pathway and guidance document)** |
| The carer is an adult – the child is not undertaking a caring role |  | Signpost to Carers Leeds – supports all adult unpaid carers in Leeds: <https://www.carersleeds.org.uk/>Advice line 0113 3804300 advice@carersleeds.org.uk  |
| A young carer is identifiedThe caring is appropriate - the child currently has no additional support needs |  | Ensure that the service currently supporting the child monitors and regularly reviews the young carer’s situation |
| A young carer is identifiedThe caring is appropriate - the child has additional support needs |  | Identify what support can be provided within universal or targeted services and refer child and adult as appropriate |
| A young carer is identifiedThe caring is inappropriate and/or excessive |  | If there are safeguarding implications for the child, check if there is already social care involvement by contacting the front door team on 0113 376 0336 and if not, make a referral.If there are no safeguarding implication for the child, refer to Leeds Young Carers Support Service for completion of a young carers needs assessment. See contact details below. |

**For information and advice at any point in this process, contact:**

**Website:** <https://www.family-action.org.uk/what-we-do/children-families/leeds-young-carers-support-service/>

**Telephone:** 0113 7339126 Email: Leedsyoungcarers@family-action.org.uk